

## DON'T LET WIFE DIE OF LOCKJAW

Warn Her Against Cutting Corns Because They Can Be Lifted Out

Women wear high heels, which buckle up their toes, and they suffer terribly from corns. Women then proceed to trim these pests, seeking relief, but they hardly realize the terrible danger from infection, says a Cincinnati authority. Corns can easily be lifted out with the fingers, if you will get from any drug store a quarter of an ounce of a drug called freeze. This is sufficient to remove every hard or soft corn or callous from one's feet. You simply apply a few drops directly upon the tender, aching corn. The soreness is relieved at once, and soon the entire corn, root and all, lifts out without pain.

This is a sticky substance, which dries in a moment. It just shrivels up the corn without inflaming or even irritating the surrounding tissue or skin. Out this out and pin on your wife's dresser—Adv.

## BUSINESS IS EXTENDING.

No. Bennington Concern is Building Annex to Its Plant.

Bennington, May 10.—Work has been begun on the new building of the H. C. White company in North Bennington. The structure, which is to be of brick, will be 60 by 100 feet and will consist of three stories with a basement. The foundation, which will be made of concrete, will be begun soon, as preparations for its construction are almost completed.

The contractors for the building are the Kingsbury Construction company of Glens Falls, who were in charge of the addition to the E. Z. Waist company's manufacturing in this village. The engineer is Henry P. Jones. It is expected that the work will be finished in about eight weeks.

The building will be devoted exclusively to the making of Kiddie Kars and it is expected that the enlarged quarters will enable the H. C. White company to double their business in the toys. From descriptions and specifications, it is evident that the plant will be the finest working establishment in the state. The Kiddie Kar, invented by C. W. White, company, has become one of the most popular as well as most practical toys on the market to-day.

The H. C. White company, which began business a number of years ago in modest quarters as manufacturers of stereophones, have built up a big business in remarkably short time.

## Who Discovered America?

Historical controversies are creeping into the schools. In a New York public institution attended by many races, during an examination in history the teacher asked a little chap who discovered America?

He was evidently thrown into a panic and hesitated, much to the teacher's surprise, to make any reply.

"Oh, please, ma'am," he finally stammered, "ask me something else."

"Something else, Jimmy. Why should I do that?"

"The feller was talkin' 'bout it yesterday," replied Jimmy. "Pat McGee said it was discovered by an Irish saint. Olaf, he said it was a sailor from Norway, and Giovanni said it was Columbus, an' if you'd a-noon what happened you wouldn't ask a little feller like me."

—Ladies' Home Journal.

## Seriously So.

She (looking over menu card)—Well, what do you find in the way of eats? He—The prices.—Judge.

## FATHER JOHN'S MEDICINE HAS NO EQUAL FOR BUILDING YOU UP



**Mother  
Praises  
This Old  
Family  
Remedy**

"I believe there's no medicine equal to Father John's Medicine for building you up. My three-year-old baby was all run down, and Father John's Medicine made her well after she had been sick for three months. I would recommend Father John's as a safe family medicine. I would not be without it in my home. It is worth its weight in gold." (Signed) Mr. and Mrs. James Carney, 90 Benefit street, Pawtucket, R. I.

To give strength to all the family, no safer medicine can be given than Father John's Medicine, because it is pure and wholesome nourishment, which is easily taken up by those who are weak and run down.—Adv.

## CUTICURA HEALED SKIN TROUBLES

That Caused Itching and Burning and Loss of Sleep at Cost of \$1.00.

"My neck and ears were covered with green blisters. I thought I would go frantic with the pain which was terrible. Then the blisters turned into sores eruptions which were red and inflamed, and itched and burned so that when I scratched the blood came. I could not sleep or eat."

"I tried all kinds of ointments, salves, etc., but with no effect, and I stood the pain for twelve months. Then I used Cuticura Soap and Ointment, and found relief after twenty-four hours, and two cakes of Cuticura Soap and one box of Ointment healed me." (Signed) Maurice Levinsky, 796 Pembroke St., Bridgeport, Conn.

Cuticura Soap and Ointment are not only wonderful healers but wonderful preventives of skin and scalp troubles if used exclusively. The Soap, for daily use in the toilet, cleanses and purifies, the Ointment soothes and heals.

For Free Sample Each by Return Mail address post-card: "Cuticura, Dept. R, Boston." Sold everywhere.

## NO HARD TIMES IN WAR THRIFT

Jobs Will Be Plentiful for All, Says Gifford

LUXURIES MAY  
BE CURTAILED

But More Will Be Spent for the Necessities of Life

Washington, May 10.—"There is no ground for fear that wartime thrift will bring hard times," yesterday declared Director W. S. Gifford of the Council of National Defense, in a statement to the public. "Wartime thrift merely means readjustment, not the cessation of expenditure. The whole country is organized on a peace basis. It must be readjusted to a war basis," said Mr. Gifford.

"It will mean that less money will be spent for unnecessary things. But far more money will be spent for necessities. More unnecessary lines of industry may be discontinued. But for every man that may be thrown out of work through the discontinuance of the manufacture of luxuries many jobs will be open.

"Wartime thrift means the diversion of all the nation's efforts toward things necessary for maintaining the nation's life and winning the war. In the readjustment some few may suffer temporary loss, but the vast majority will profit materially and morally.

"If a man should lose his job as a salesman of some luxury he will have scores of opportunities for useful, athletic labor. The full man power of the country will be needed, and in fact it is already recognized that women may be called upon to help.

"To talk of men being out of work permanently through the cessation of buying in lines of luxuries or unnecessary is absurd. If they lose their positions in these lines they can be more profitably employed—more profitably for themselves and their country.

"For men in certain lines of industry at such a time as this to raise the cry of possible hard times is a display of unpatriotic thoughtlessness. It requires only a second serious thought to reveal the truth—that the industrial strength of the nation will be restrained instead of being relaxed. In addition, the enormous demand for labor on the farms would absorb any possible excess.

"Shipbuilding work alone will require to much labor that the possibility of discontinuing much of the structural building operations in the country is at hand.

"The removal of a million or more men from the business life of the country obviously means more work for those behind the army. This government and the allies will be spending billions in the production of war materials, which will reach practically every branch of industry.

"So, as a matter of fact, the necessity for thrift is not for purposes of individual saving or the cessation of spending, but literally in order that the demand may be reduced to the limits of possible supply."

## ROCK PHOSPHATE GAINS

But Production in United States Not Up to Average.

The production of rock phosphate in the United States, which was curtailed in 1914 and nearly cut in half in 1915, made a partial recovery in 1916. According to figures just compiled by the United States geological survey, department of the interior, from reports received from all active producers in the country, the total quantity of phosphate rock sold in the United States in 1916 was 1,982,385 long tons, valued at \$5,896,993, as compared with 1,835,967 long tons, valued at \$5,413,449, in 1915. This is only about two-thirds the normal production of the country.

The quantity of domestic rock phosphate exported in 1916 was 342,989 long tons, valued at \$1,150,026, only 9,000 tons less than in 1915, but only about one-fifth of the quantity exported in 1913.

Florida produced 47,078 tons of hard-rock phosphate (including several thousand tons of soft phosphate), valued at \$295,755, and 1,488,758 tons of land-peat phosphate, valued at \$3,874,410, making a total of 1,535,836 tons, valued at \$4,170,165. This was a decrease of 3,000 tons of hard-rock phosphate from the production of 1915, but the increase in price per ton made a gain of \$30,000 over the total value of hard-rock in 1915. There was a distinct increase in the quantity and value of land-peat phosphate over the previous year.

South Carolina produced 53,947 tons, valued at \$211,125, as compared with 53,460 tons, valued at \$310,850 in 1915. This is less than one-half the quantity and value of the production of 1913.

Tennessee produced 364,108 tons of brown-rock phosphate, valued at \$1,357,888, and 47,682 tons of blue-rock phosphate, valued at \$162,465, making a total of 411,790 tons, valued at \$1,520,353. These figures include a small quantity of brown-rock phosphate from Kentucky. This is an increase of about 22,000 tons over the production of 1915.

In the western states there was a production of rock phosphate from Utah and Wyoming only. Idaho having dropped out of the list of producing states. The quantity produced in these two states in 1916 was 1,703 tons, valued at \$5,350, or less than one-half the quantity and value of the output in 1915.

The advance in the price of phosphate in fertilizers so far in excess of the advance in the price of the raw phosphate rock is explained by fertilizer manufacturers as due to increased cost of the sulphuric acid used in the treatment of the raw ground rock.

The country has just entered on a war the end of which cannot be seen. Farmers will "do their bit" by trying to "grow two ears of corn where one grew before," and this means the application of great quantities of carefully chosen fertilizer to the soil. It is predicted that the partial recovery of the rock phosphate industry in 1916 will be followed by a greater gain in 1917.

## This Age We Live In.

Mistress—I want to kill a couple of chickens for dinner. Chauffeur—Yes, mum, which car shall I do it with?—Avez.



**YOU'RE AN EASY PREY**, with your flesh reduced below a healthy standard, for Grip, Bronchitis, Consumption and other dangerous diseases. And it's for just this condition that Dr. Pierce's Golden Medical Discovery is especially valuable. If you're thinner than you ought to be, whether from wasting diseases, defective nutrition, or whatever cause, the "Discovery" will surely bring you up to the healthy standard. By restoring the normal action of the deranged organs and functions, it arouses every natural source and means of nourishment. A strength-restorer and flesh-builder. It can be had in tablet or liquid form. Ingredients printed on wrapper. Dr. Pierce's Pleasant Pellets are the original little liver pills, first put up over 40 years ago. They regulate and invigorate stomach, liver and bowels. Much tolerated but never equalled. Sugar-coated and easy to take as candy.

## Killed by Poisons

All scientists agree that poisonous products in the blood are eliminated by the kidneys. The kidneys act as a kind of filter for these products. When the kidneys are changed or degenerated, by disease or old age, then these poisons are retained in the body. If we wish to prevent old age coming on too soon, or if we want to increase our chances for a long life, Dr. Pierce of the Invalids' Hotel, Buffalo, N. Y., says that you should drink plenty of water daily between meals and with your meals to flush the kidneys. Then procure at your nearest drug store Anuric. This Anuric drives the uric acid out.

If we wish to keep our kidneys in the best condition a diet of milk and vegetables, with only little meat once a day, is the most suitable. Drink plenty of pure water, take Anuric three times a day for a month. Anuric is many times more potent than lithia and dissolves uric acid as hot water does sugar.

## AN APPEAL TO WOMEN.

They Can Render Important Service to the Nation.

The secretary of agriculture, in response to requests from many editors for a statement as to service women can render the nation in the direction of producing and conserving agricultural products, has issued the following:

To the Women of the United States:

"Every woman can render important service to the nation in its present emergency. She need not leave her home or abandon her home duties to help the armed forces. She can help to feed and clothe our armies and help to supply food to those beyond the seas by practicing effective thrift in her own household.

"Every ounce of food the housewife saves from being wasted in her home—all food which she or her children produce in the garden and can or preserve—every garment which care and skillful repair make it unnecessary to replace—all lessen that household's drain on the already insufficient world supplies.

"To save food the housewife must learn to plan economical and properly balanced meals which, while nourishing each member of the family properly, do not encourage overeating or offer excessive and wasteful variety. It is her duty to use all effective methods to protect food from spoilage by heat, dirt, mice, or insects. She must acquire the culinary ability to utilize every bit of edible food that comes into her home. She must learn to use such foods as vegetables, beans, peas, and milk products as partial substitutes for meat. She must make it her business to see that nothing nutritious is thrown away or allowed to be wasted.

"Waste in any individual household may seem to be insignificant, but if only a single ounce of edible food, on the average, is allowed to spoil or be thrown away in each of our 20,000,000 homes, over 1,300,000 pounds of material would be wasted each day. It takes the fruit of many acres and the work of many people to raise, prepare, and distribute 164,000,000 pounds of food a year. Every ounce of food thrown away, therefore, tends also to waste the labor of an army of busy citizens.

"Clothing is largely an agricultural product and represents the results of labor on the sheep ranges, in cotton fields, and in mills and factories. Whenever a useful garment is needlessly discarded material needed to keep some one warm or dry may be consumed merely to gratify a passing fancy. Women should do well to look upon clothing at this time more particularly from the utilitarian point of view.

"Leather, too, is scarce and the proper shoeing of armies calls for great supplies of this material. There are only so many pairs of shoes in each hide, and there is a shortage of animals for leather as well as for meat. Anything that can be done to encourage adults or children to take care of their shoes and make them last longer means so much more leather available for other purposes.

"Employed women, especially those engaged in the manufacture of food or clothing, also directly serve their country and should put into their tasks the enthusiasm and energy the importance of their product warrants.

"While all honor is due to the women who leave their homes to nurse and care for those wounded in battle, no woman should feel that, because she does not wear a nurse's uniform, she is absolved from patriotic service. The home women of the country, if they will give their minds fully to this vital subject of food conservation and train themselves in household thrift, can make of the housewife's apron a uniform of national significance.

"Demonstrate thrift in your homes and encourage thrift among your neighbors.

"Make saving rather than spending your social standard.

"Make economy fashionable, lest it become obligatory."

**You never hear of people having headaches from drinking**  
**INSTANT POSTUM**  
**(NO CAFFEINE)**  
**"There's a Reason"**

## Topics of the Home and Household.

Tooth powder is excellent for cleaning jewelry. Rub it on with a nail brush, and then rinse off with scalding water.

When garments of any kind are washed in gasoline, add a few drops of oil of cedar. The disagreeable odor will not be noticed.

Saltines lightly buttered and sprinkled with grated cheese and a little cayenne pepper, then browned in the oven, are delicious with salad.

Mashed potatoes, left over, should be packed in a cup or bowl until needed for frying. Another way to use it is to put into a double boiler with some warm milk.

The most satisfactory way to dry lace is to press it smoothly upon a pane of glass or piece of marble, says the Philadelphia North American. Place every point and scallop as it was intended to lie and leave it until dry. Do not iron as the ironing takes away the fresh effect.

Umatilla, Oregon, has a woman mayor and woman council. Mrs. Starcher, the mayor, who took office in January, as one of her first acts, restored the street lights which a former council had ordered eliminated. Resolutions have been sent the governor of Oregon demanding that Umatilla be placed on the route of the extension of the Pacific railway.

## Some New Fruit Salads.

New recipes for salads are always welcome. In warm weather, fruit salads are especially enjoyed. The three following recipes will give delicious dainty salads, and incidentally they can be easily and quickly prepared, says the Christian Science Monitor.

**Prune Salad**—Wash thoroughly one pound of prunes. Cover with water and boil slowly until soft but still whole. Set aside until cool. Remove the seeds and stuff with pecan meats. Serve on salad plates, placing four or five of the prunes on crisp lettuce leaves, and dotting with a spoonful of mayonnaise.

**Watermelon-Pineapple Balls**—With a vegetable cutter scoop out balls from a fresh pineapple and from the heart of a watermelon. Over these squeeze the juice from one-half to a whole lemon. After a few minutes, add from one-fourth to one-half cup of sugar. Let this stand for at least two hours on or near the ice. When ready to serve, place on lettuce leaves and garnish with paprika.

**Peach and Banana Salad**—Remove the stones from fresh peaches and slice in lengthwise sections. Cut bananas into pieces as long as the peaches and divide into quarters. Over this pour a dressing of lemon juice and sugar. Arrange on lettuce leaves in a salad bowl.

## Laundrying Your Linen.

Few housekeepers realize the prompt returns that come from a small degree of weekly attention given to the linen. To have sufficient quantity for the necessary changes, to see that this is put into the laundry at the proper time, to replenish when the stock becomes depleted—these are the usual items for consideration. But there are other vital points that demand thought and watchfulness, and it is upon these details that the conservation of your linen really depends.

First, the strict avoidance of washing powders is the primary rule for the laundering of linen. The weakening of the threads, resulting from the use of these destructive substances, says the Boston Traveler, is inevitable at an early stage in the life of the linen, and the immediate and complete ruin of tablecloths when such so-called "helps" are not thoroughly dissolved in the water. Thus, it is not only unsafe, but actually harmful, to use anything but clear, warm water, with an abundant supply of a mild, pure soap and the usual bluing. These, combined with careful handling, only a moderate amount of rubbing and a thorough rinsing in several waters, comprise the simple precautions to take if you want your linen to last its normal length of time.

The over-use of starch in the washing of linen is another mistake that often does damage; as the stiffness is apt to cause bruising at the creases, which will eventually result in a break in the fabric.

When the linen is put away, not to be used for some time, all the starch should be removed, not only because of the brittleness it causes, but also because it will make the linen yellow. Another point to be considered in this connection is that linen should be kept in a dry, cool place. Heat causes a drying and brittleness of the threads, which ultimately means destruction.

Much may be said also about the method of ironing linen. For, while pressure is essential, to bring out the pattern, an over-amount is likely to develop a cracking at the folds. The linen should be well dampened and, with the exception of lace-trimmed or embroidered pieces, should be ironed thoroughly on both sides until it is perfectly dry.

When it comes to creasing, the slightest pressure should be used, for it must be remembered that this process is necessary only because of convenience in putting the linen away, and that any undue stress at these points has a serious effect upon the fiber. Some householders fold all their napkins by hand, simply pressing them gently with the fingers.

Another rule to be kept in mind when ironing linen is to move the iron with the threads, never diagonally. This system is usually applied to straight-line articles without much thought, as, for example, in pressing square table-cloths or napkins. It is in the ironing of round or oval pieces that disaster follows a rotary or diagonal movement.

The round lunch-cloth, to be successfully ironed, must be placed upon the ironing board with the threads parallel and at right angles to the board. Then the iron should pass over it, up and down, or back and forth, lengthwise of the board. In ironing round dories or oval tray cloths the same principles apply. And remember, also, that where there are embroidered patterns a bath towel should be first laid on the board, and the linen should be ironed only on the wrong side.

Dorothy Dexter.

Sure Sign.

A bartender says that when a patron begins to ask for "Hotch skyballs" he has had enough.—Boston Transcript.

## HOW TO MAKE AN ICE- LESS REFRIGERATOR

Cooling by Evaporation the Principle of This Home-Made Storage Cooler.

Refrigerators can be made to do their part in conserving food this summer. Preserving milk, butter and other supplies and keeping leftovers and unused portions until they are needed will be their service. If ice is not obtainable, an iceless refrigerator, cooled by evaporation, can be easily constructed. Women demonstrators in extension work, south of the U. S. department of agriculture, tell how to make such a cooler at a small cost.

This refrigerator consists of a wooden frame covered with Canton flannel, burlap or heavy duck. It is desirable that the frame be screened, although this is not necessary. Wicks, made of the same material as the covering, resting in a pan of water on top of the cooler, conduct the water over the sides and ends of the pan and allow it to seep down the sides of the box. The evaporation from this moistened covering causes a lower temperature inside. On dry, hot days a temperature of 50 degrees has been known to be obtained in the cooler. This is the way to build it.

Make a screened case three and one-half feet high with the other dimensions 12 by 15 inches. If a solid top is used, simply place the water pan on this. Otherwise fit the pan closely into the opening of the top frame and support it

by one-inch cleats fastened to the inside of the frame. Place two movable shelves in the frame, 12 to 15 inches apart. Use a biscuit pan 12 by 14 inches on the top to hold the water, and where the refrigerator is to be used indoors have the whole thing standing in a large pan to catch any drip. The pans and case may be painted white, allowed to dry, and then enameled. A covering of white Canton flannel should be made to fit the frame. Have the smooth side out and button the covering on the frame with buggy or automobile curtain hooks and eyes, arranged so that the door may be opened without unfastening these hooks. This can easily be done by putting one row of hooks on the edge of the door near the latch and the other just opposite the opening with the hem on each side extended far enough to cover the crack at the edge of the door, so as to keep out the warm outside air and retain the cooled air. This dress or covering will have to be hooked around the top edge also. Two double strips one-half the width of each side should be sewed on the top of each side, covering and allowed to extend over about two and one-half or three inches in the pan of water. The bottom of the covering should extend into the lower pan.

Place the refrigerator in a shady place where air will circulate around it freely. If buttons and buttonholes are used on the Canton flannel instead of buggy hooks, the cost will be reduced.

Wade Kilgiver is playing great ball for Frank Chance's Los Angeles club. Chance's team is at the bottom of the ladder at the present time.

## THE WONDERFUL FRUIT MEDICINE

Thousands Owe Health And Strength To "Fruit-a-lives"

"FRUIT-A-LIVES", the marvelous medicine made from fruit juices—has relieved more cases of Stomach, Liver, Blood, Kidney and Skin Troubles than any other medicine. In severe cases of Rheumatism, Sciatica, Lumbago, Pain in the Back, Impure Blood, Neuralgia, Chronic Headaches, Chronic Constipation and Indigestion, "Fruit-a-lives" has given unusually effective results. By its cleansing, healing powers on the eliminating organs, "Fruit-a-lives" tones up and invigorates the whole system.

50c. a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ogdensburg, N. Y.

When Jake Flaherty reports to the Hartford team of the Eastern league he will be the only man on the club with a southpaw motion. Pitcher Lynch of the International league and former Goddard boy, has reported to Portland in the Eastern league.



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This Chesterfield Cigarette does more than please the taste. It gives smokers a new kind of cigarette enjoyment, the one thing they've always wished for in a cigarette—

Chesterfields let you know you are smoking—they "SATISFY"!

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The new and unique blend—that's what does it. That, and the pure, natural Imported and Domestic tobaccos—no so-called "processes" or artificial fussing—just natural tobaccos. And the blend can't be copied.

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